

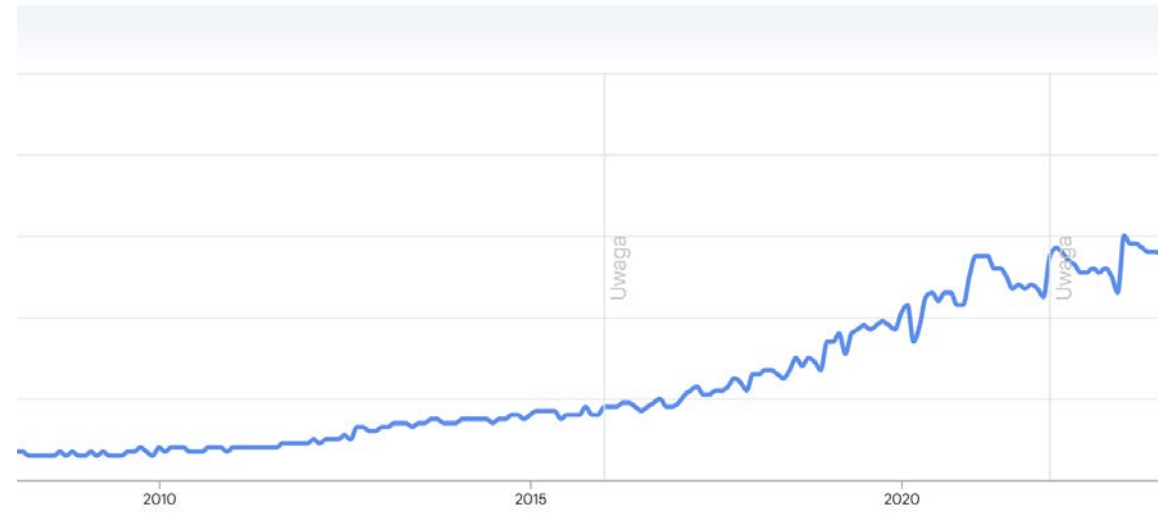
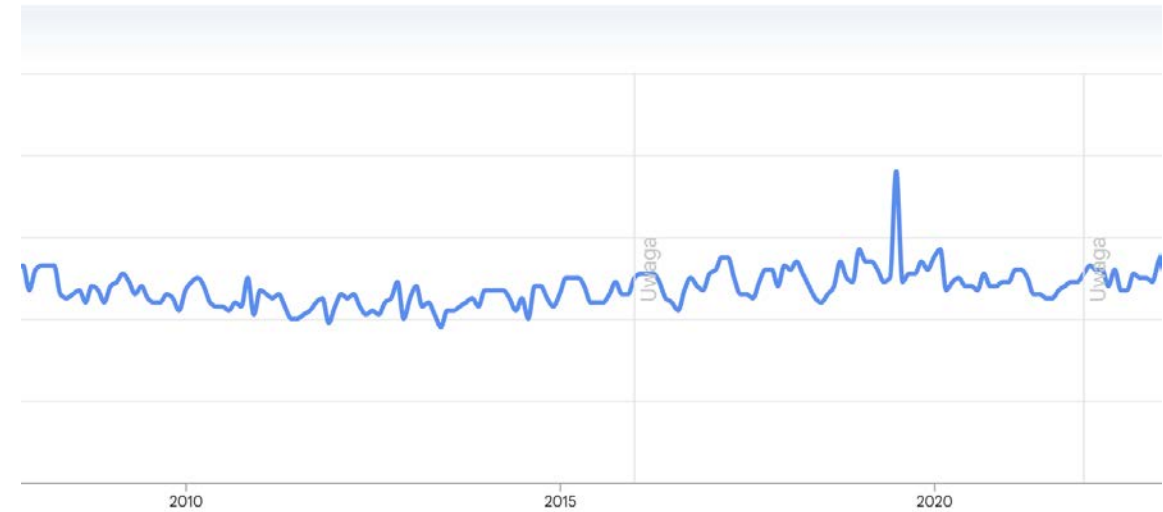
Aging: policy-sensitive opportunity for the countries

Anna Koziel

Senior Health Specialist

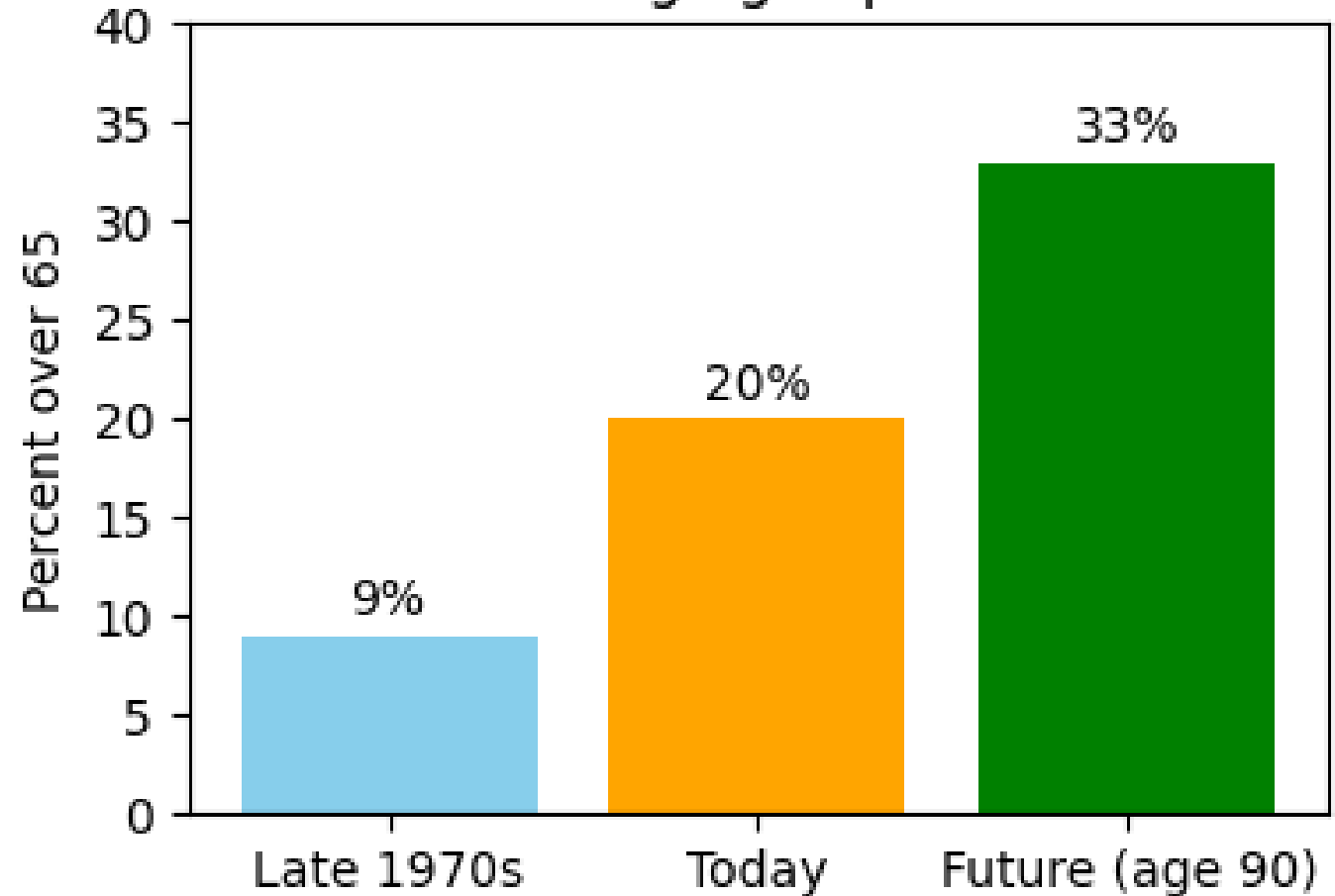


THE WORLD BANK



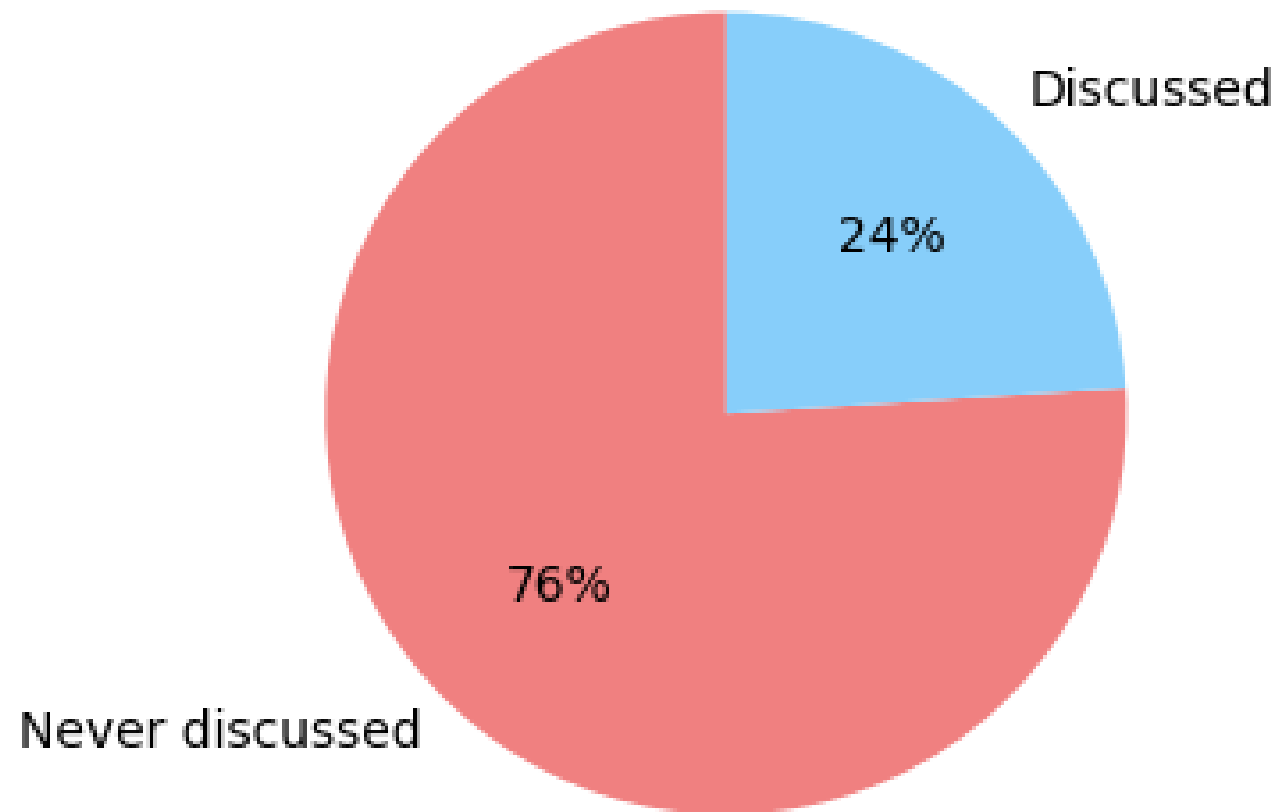
**In 40 years
1/3 of the
population
over 65**

Polish Aging Population

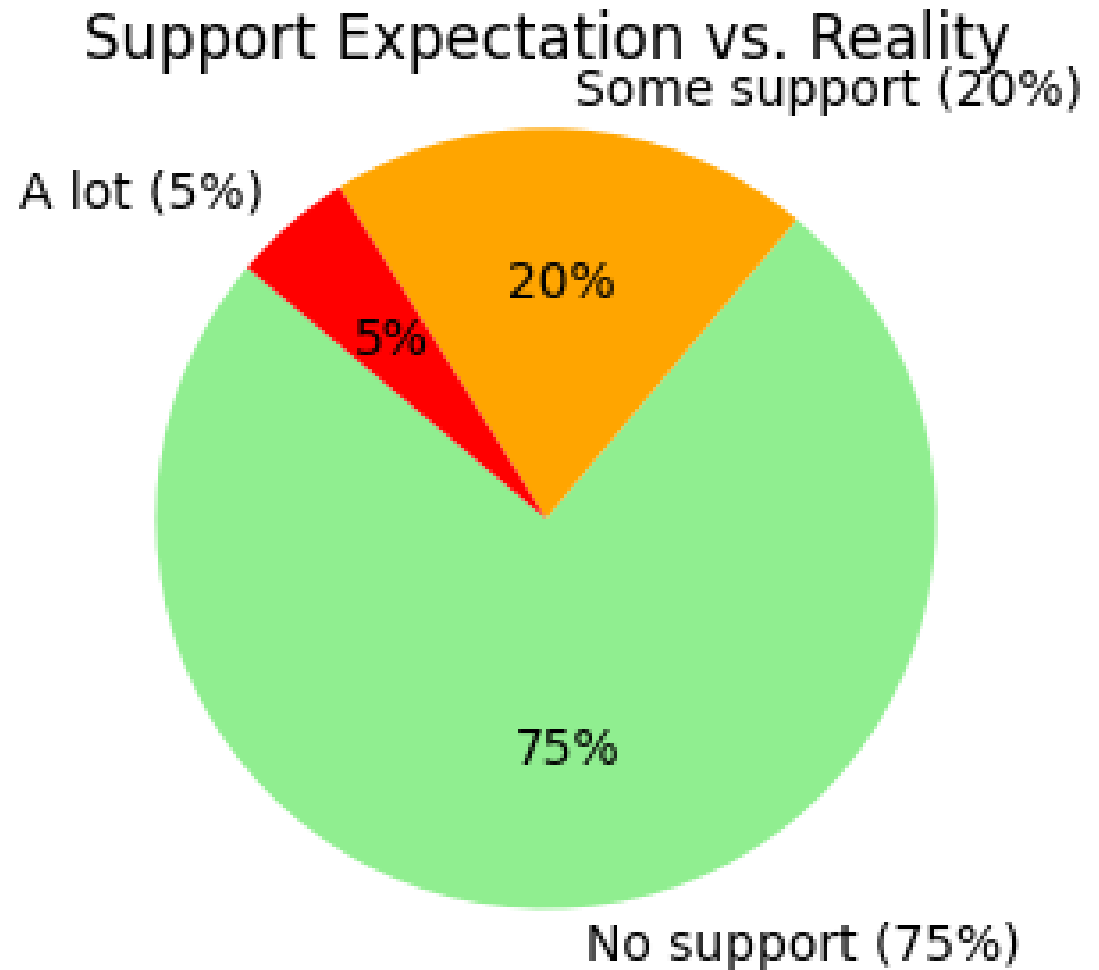


Lesson 1:
Start early

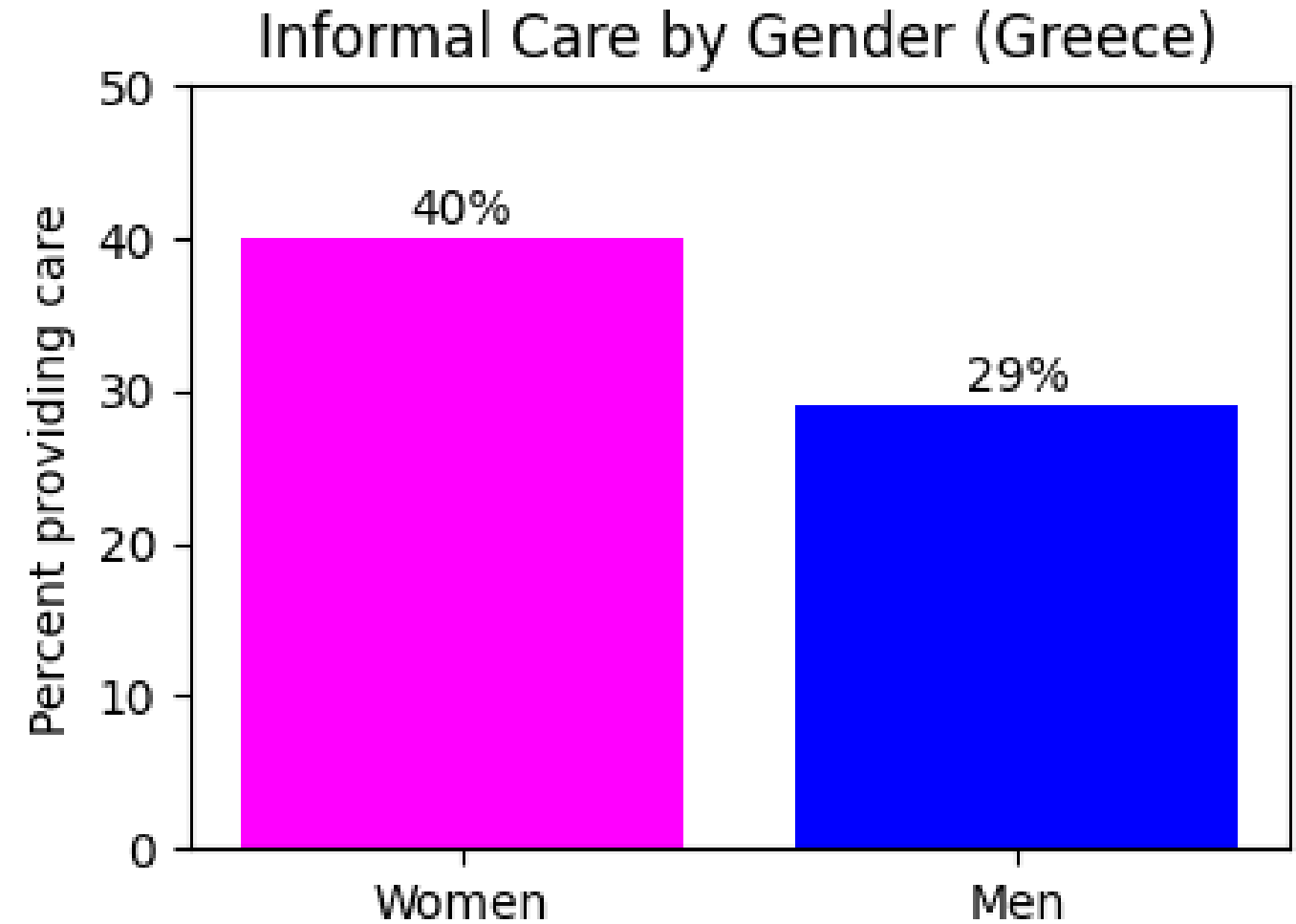
Discussion on Aging (Poland)



Lesson 2:
Cultural
norms
matter more
than we
think

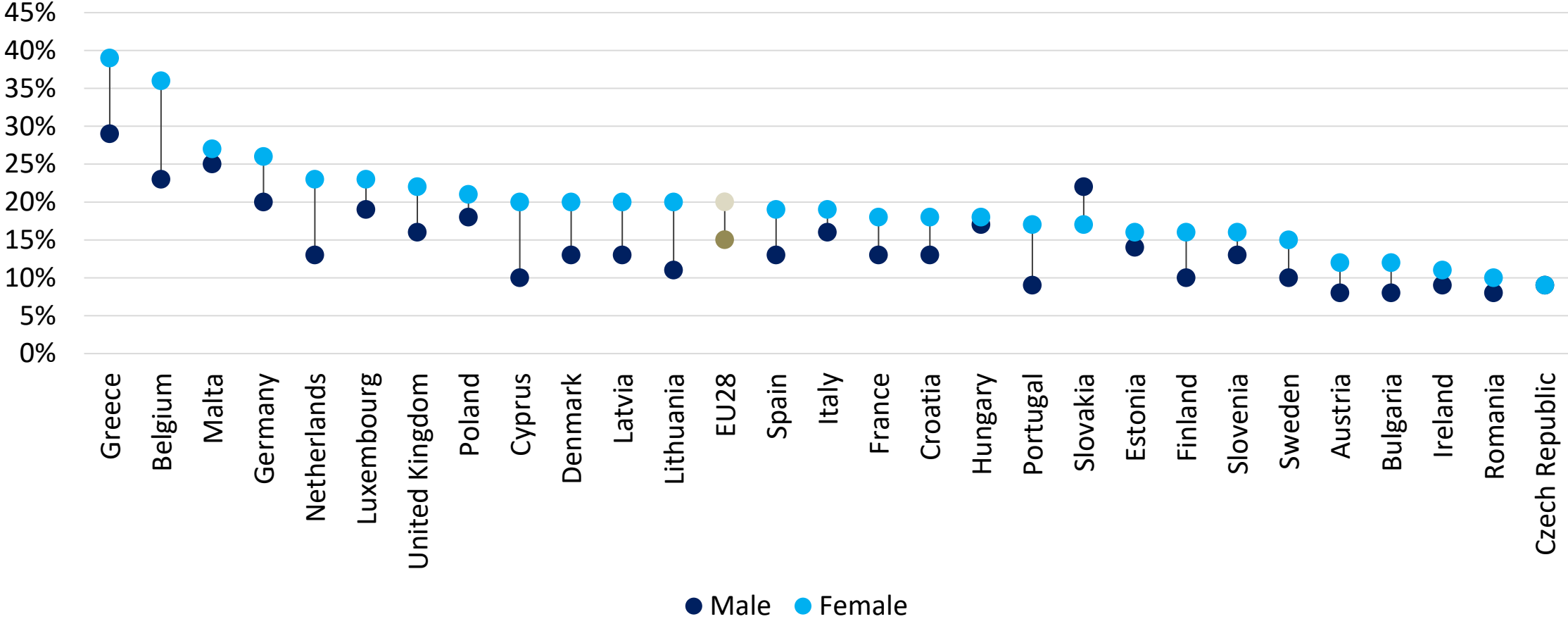


Lesson 3:
**Women bare
the burden
and are the
solution**



Women are the main care provider in all European countries

Informal carers as share (%) of total population, 2016



Source: European Commission (2018)

Lesson 4:

Chronic
disease at the
core of
service
delivery
reshaping

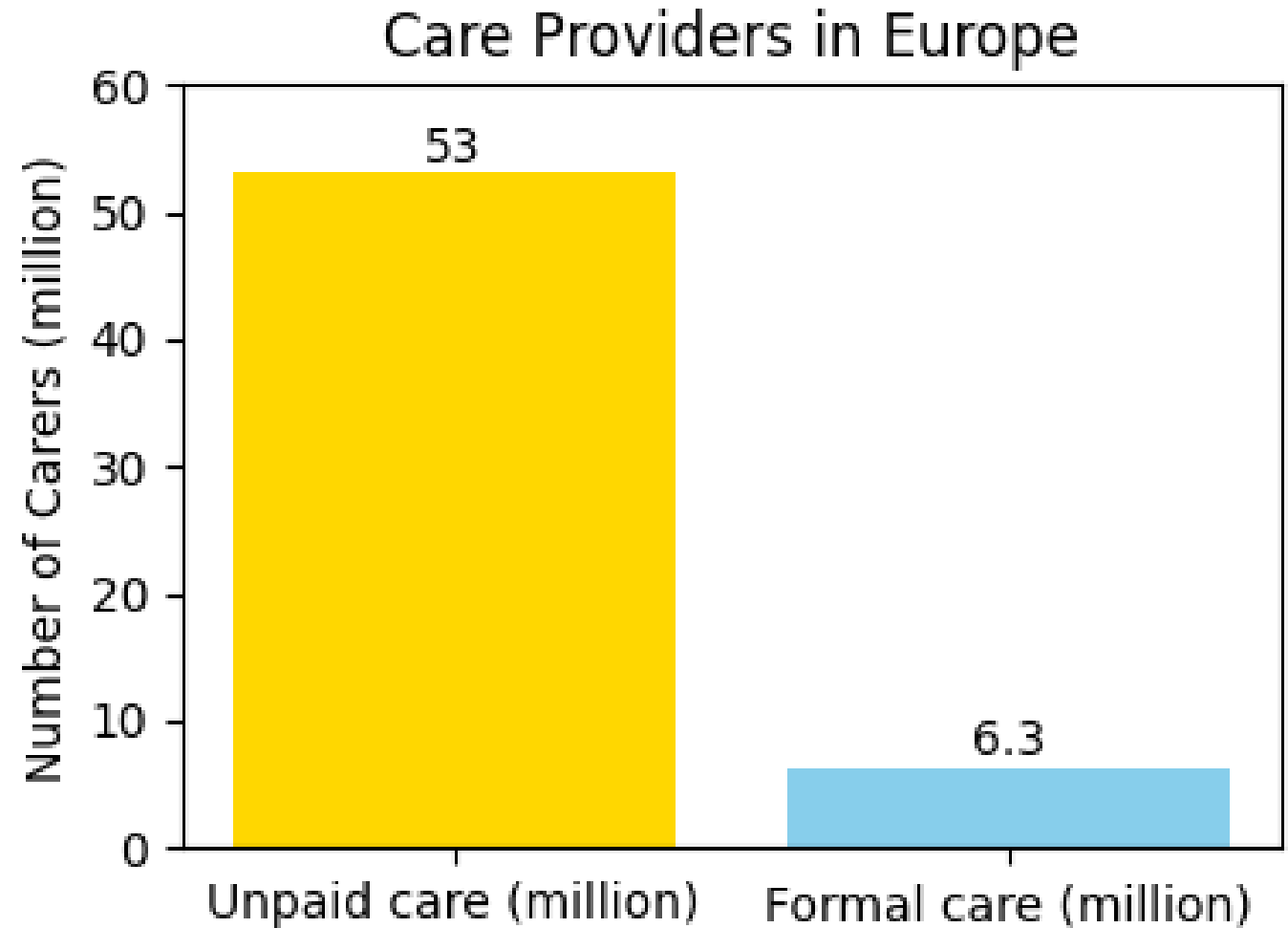
Tech & AI will
accelerate
transformation

How health services are being organized or paid for matters- health system need to adapt

-
- South Korea- 14 doctor visits per patient per year
 - OECD average is 6.8
 - Sri Lanka is 6
 - Malaysia 2.3,
 - Sweden 2.3
 - EU between 4 to 10 visits per patient per year

Lesson 5: Long-Term
Care growth & jobs
agenda

**Private sector
will play pivotal
role**



**Conclusions:
Asia could
do it better**

Asia is aging faster than Europe; urgent need to prepare.

Cultural expectation for family care is strong, but migration, small families, urbanization break systems.

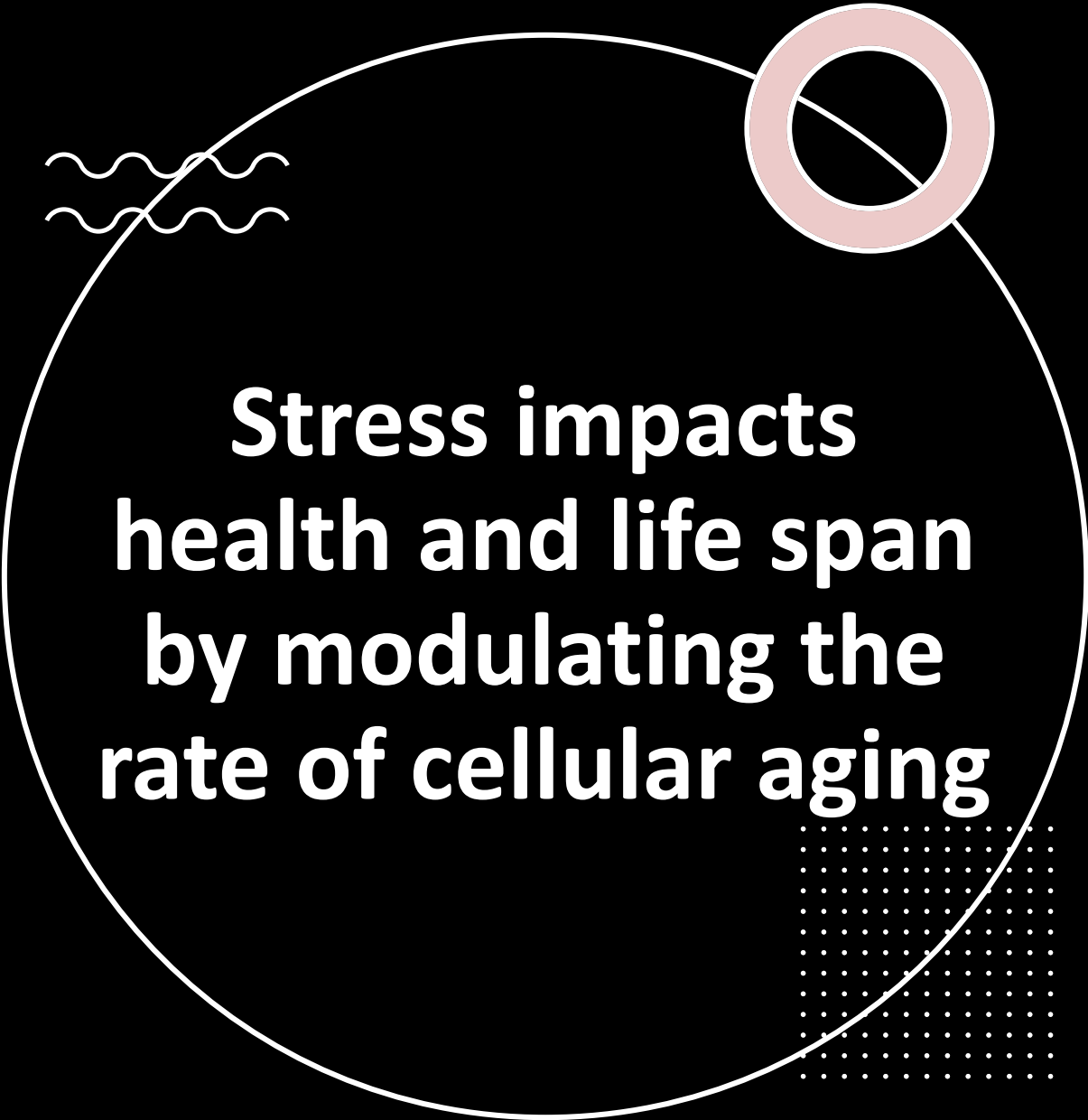
Need early planning before demographic pressures become crises.

Build formal support and LTC systems; strengthen PHC; create new jobs in rehab, MH, home care.

Embrace tech & AI; blend public/private solutions; empower women in the care economy.

Integrating health and social care/community care into a long-term care system will enhance efficiency and delivery of care



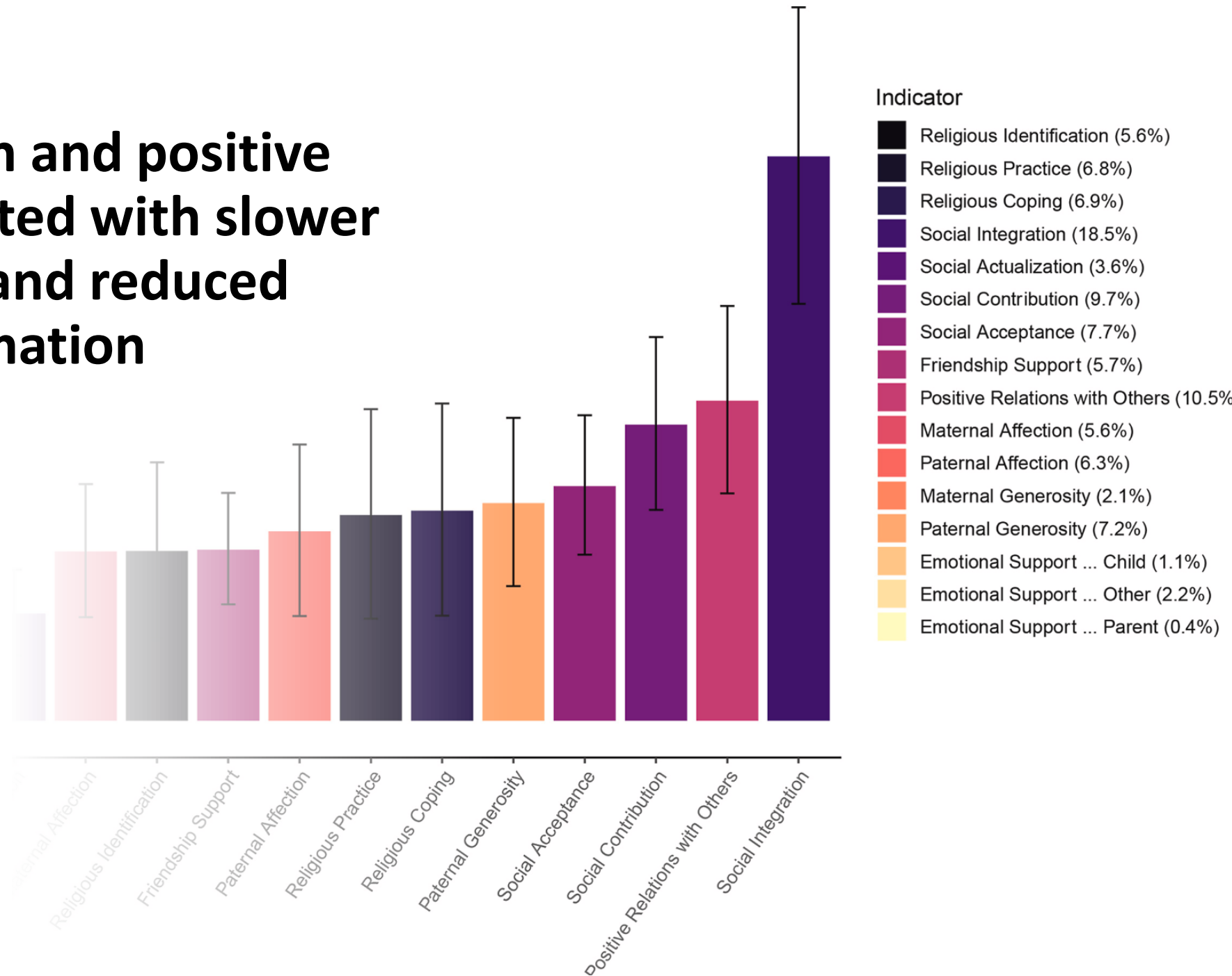


Stress impacts health and life span by modulating the rate of cellular aging

- **Telomere Shortening & Aging:** research established that gradual telomere shortening signals cells to stop dividing and die, contributing to tissue aging, weakened immunity, and diseases like cancer, diabetes, and heart disease.
- **Lifestyle & Stress Influence:** Blackburn's later work demonstrated that psychological stress, poor nutrition, and negative life experiences can accelerate telomere shortening, while positive habits (diet, exercise, meditation) can slow it, linking mind, body, and cellular aging.
- **Cancer Connection:** Her research also highlighted that cancer cells hijack telomerase to become "immortal," lengthening their telomeres to enable rapid, uncontrolled growth.

Social integration and positive relations associated with slower biological aging and reduced systemic inflammation

Anthony D. Ong, Frank D. Mann, Laura D. Kubzansky, Cumulative social advantage is associated with slower epigenetic aging and lower systemic inflammation,; Brain, Behavior, & Immunity - Health, Volume 48, 2025, <https://www.sciencedirect.com/science/article/pii/S26663546250>



Culture, self care, mental health matters

So let's relax,
connect, and
enjoy the ride!

